

Here's one we made earlier

Baked potato with cheese and bacon

Serves 1 as a simple lunch dish

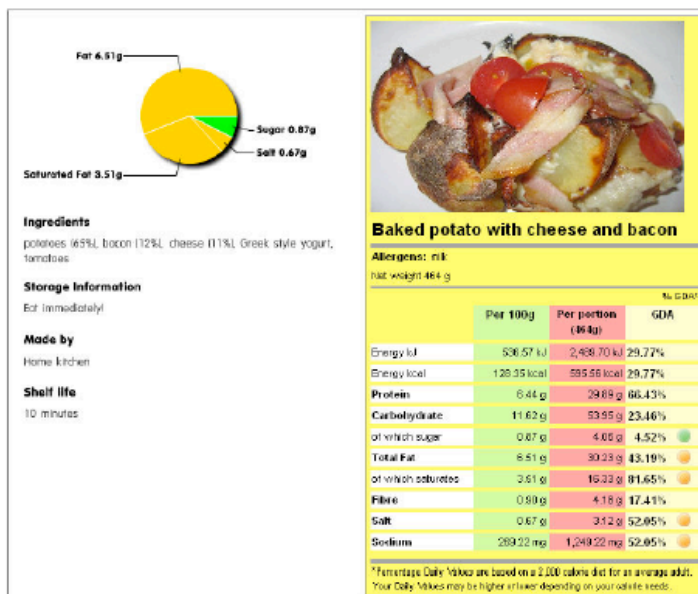
Ingredients

300 g baking potato
50 g grated cheese
56g (rasher) bacon cut into slices
30 g Greek yogurt
28 g sliced tomatoes



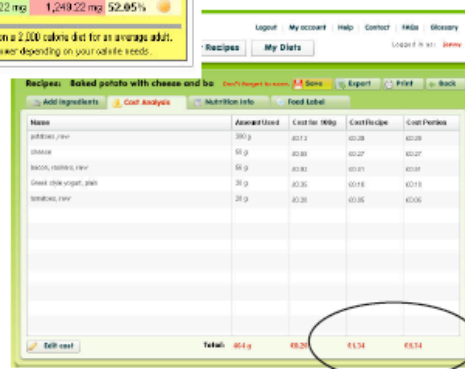
How to make

1. Wash the potato, cut a cross in the skin and microwave for 7-8 minutes until soft
2. Set the oven at its highest setting.
3. Grate the cheese and mix with the yogurt.
4. Put the cooked potato on an ovenproof dish and open up the cross.
5. Spoon in the cheese and yogurt mix and bake in the oven for 10-15 minutes until the top is golden.
6. Dry fry the bacon in a non stick pan.
7. Take out the potato and place the bacon and tomato slices on top.
8. It is now ready to eat.



This is the nutrition analysis for the potato which shows that it contains 585 kcal and 30% GDA which is very good for a lunchtime snack. The traffic light system shows amber for fat, but the potato could be eaten with salad to make it healthier.

This Cost Analysis shows that the potato cost £1.34.



Recipe: Baked potato with cheese and bacon

Name	Amount Used	Cost for 100g	Cost for Recipe	Cost Per Portion
potatoes raw	300 g	43.73	13.12	13.12
cheese	50 g	40.80	20.40	20.40
bacon rasher raw	56 g	40.80	22.85	22.85
Greek style yogurt plain	30 g	45.35	13.61	13.61
tomatoes raw	28 g	45.35	12.60	12.60
Total	464 g	68.23	11.34	11.34